



201-626-3161

All Classes are 50 Minutes, except where noted.

2/5/2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Power Yoga** 7:00- 7:50 AM Seda		Yoga** 7:00- 7:50 AM Lara			Boot Camp** 9:00 - 9:50 AM Veronica
Spin** 9:30 - 10:20 AM Veronica						BollyX** 10:00 - 10:50 AM Rajany
BollyX** 9:30 - 10:20 AM Ishita						Spin** 10:00 - 10:50 AM Veronica
Zumba** 10:30AM -11:20AM Jenny	Boot Camp** 12:00 - 12:50 PM Federico	Zumba** 12:00 -12:50 PM Jenny	Boot Camp** 12:00 -12:50 PM Federico	Spin** 12:00 - 12:50 PM Justin	Zumba** 12:00 -12:50 PM Rochelle	Zumba ** 11:00 - 11:50 AM Rowena
PIYO** 12:00- 12:50 PM Mary					ROOM Reserved (4:30 -5:30pm)	Vinyasa Yoga** 12:00 -12:50 PM Lara
Yoga** 1:00PM -1:50 PM Tomas	Core Fusion** 5:30 - 6:20 PM Kevin	Pilates** 5:30 - 6:20 PM Rhonda	Core Fusion** 5:30 - 6:20 PM Andre	PIYO** 5:30- 6:20 AM Mary	Core Fusion** 5:30 - 6:20 PM Kevin	
	Body Conditioning** 6:30 - 7:20 PM Mark	Zumba** 6:30 - 7:20 PM Rochelle	H.I.I.T.** 6:30 - 7:20 PM Rhonda	Zumba** 6:30 - 7:20 PM Raquel	Body Conditioning** 6:30 - 7:20 PM Mark	
	Spin** 6:30 - 7:20 PM Kevin	Spin** 6:30 - 7:20 PM Veronica	Spin** 6:30 - 7:20 PM Raquel	Spin** 7:00 - 7:50 PM Lorenzo	Spin** 6:30 - 7:20 PM Kevin	
	BollyX** 7:30 - 8:20 PM Raj	BollyX** 7:30 - 8:20 PM Raj	Zumba** 7:30 - 8:20 PM Rowena	BollyX** 7:30 - 8:20 PM Ishita	Dynamic Stretch** 7:30 - 8:20 PM Andre	
	H.I.I.T.** 8:30 - 9:20 PM Andre	Boot Camp** 8:30 - 9:20 PM Mark	Yoga** 8:30 - 9:20 PM Seda	Boot Camp** 8:30 - 9:20 PM Andre		

25 Participants Max (18 for Spin). Reserve up to 3 1/2 days in advance online throught the member Portal starting at noon. All classes are 50 min. except where noted.



## Class Description

### ADVANCED BODY CONDITIONING

A sport-oriented workout alternating no frills aerobic drills with total body conditioning using weights, body bars and manual resistance to develop sleek legs, tight abs and a strong, toned upper body. The ultimate fat burner! All levels welcome

### BOLLYX

A Bollywood inspired dance program that combines dynamic choreography with great music and uses interval training techniques. All levels welcome, come ready to sweat!

### BOLLYHIIT

High-Intensity dance moves set to Bollywood beats and trending Tik Tok Choreographies. BollyHIIT sessions alternate between cardio, full-body workouts, and strength training.

### BOOT CAMP

Military-style cardio drills and strength training exercises for a challenging total body workout. Emphasis will be on core strength focusing on proper alignment and posture while performing exercises. Burn calories, develop strong/lean muscles. All levels welcome

### CORE FUSION

Ab/core workout and stretches, which includes flexibility exercises that strengthens and builds core. Ultimate full body workout using your own body as resistance.

### DYNAMIC STRETCHING

Dynamic stretches are active movements where joints and muscles go through a full range of motion. They can be functional and mimic and mimic the the activity or sport you are about to perform.

### HATHA YOGA

Hatha Yoga is a branch of Yoga which uses physical techniques to preserve and channel the vital force or energy.

### H.I.I.T.

A type of interval training exercise, incorporating alternating rounds between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

### MEDITATION

Meditation is a **mental exercise** that trains attention and awareness, and can help reduce stress, improve well-being, and enhance creativity.

### PILATES

These classes combine strength, flexibility and balance. Weights and agility balls will be used in some classes. Pilates workout is based on the work of Joseph Pilates. All levels welcome.

### PIYO

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

### POWER YOGA

This class is designed to strengthen, lengthen, & tone through specific Yoga poses that will emphasize core conditioning.

### VINYASA YOGA

Vinyasa yoga, in which movement is synchronized to the breath, is a term that covers a broad range of yoga classes.

This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance.

### YOGA

Uses physical postures, breathing practices, relaxation and meditation to harmonize body, mind and spirit. All levels welcome

### ZUMBA

Come join the party! Zumba is the latest fitness sensation. Burn mega calories while dancing to the hottest Latin rhythms.

### Class Rules and Regulations.

- Reservations are required.
- If you cannot make your reservation, please cancel at least one hour prior.
- You must be 16 years old to participate in Group Ex. Classes. No children under 16 are allowed in class.
- Please arrive at class 5 minutes prior to the scheduled starting time to check in with the instructor.
- Do not enter the classroom while the current class is taking place. Please form a line outside the room.
- Please leave the room with all your belongings at the end of each class. Please do not stay in the room, even if you've taken the previous class.
- Do not block the hallway in front of the group exercise room.
- Please take the first available space. You cannot save someone a "spot."
- Once class has started, no admittance after 10 minutes. No exceptions.
- Check online for class capacity limits.
- Personal headphones are not permitted during Group Fitness classes.
- Please silence cell phones and refrain from using your cell phone during class.

**Group Exercise Director: Rhonda Sugarman.** Please contact Rhonda if you have any comments, concerns, or questions. [rhonda@newportamenity.com](mailto:rhonda@newportamenity.com)